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COOK'S SUET

Recipes

COOK'S SUET is guaranteed to be perfectly pure and wholesome; free from preservatives of any kind.

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COOK'S SUET is far superior to raw suet. It has no skin—every particle can be used. There is no trouble of chopping as it is already shredded, and the shreds mix so perfectly with the other ingredients that the cooking is bound to be successful.

The recipes given are well-tried and can be confidently recommended.

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COOK'S STEAMED PUDDING.

½-lb. flour; 3 tablespoonsful sugar; 6 tablespoonfuls milk; pinch of salt and baking powder; 2 ozs. COOK'S BEEF SUET.

Mix dry ingredients together, add milk, mix the whole thoroughly, steam for 1½ to 2 hours.

COOK'S BEEF STEAK PUDDING.

Prepare steak, sheep or ox kidney by cutting up finely.

¼-lb. flour; 1 tablespoonful bread crumbs; ½-teaspoonful baking powder; pinch of salt; 2 ozs. COOK'S BEEF SUET; cold water.

Prepare pastry by mixing dry ingredients together, making a stiff paste with cold water. Cut off one-third of the pastry, roll out remainder and line greased pint basin; put in the beef, etc.; cover with pastry, damping edges and pressing firmly together; cover with greased paper, then a cloth wrung out of boiling water and floured. Steam from 2 to 2½ hours.

NEW BREAD PUDDING.

8 ozs. stale bread; 3 ozs. currants; 2 ozs. sugar; 1 COOK'S FARM EGG, beaten with milk and ground ginger; 2 ozs. COOK'S BEEF SUET.

Soak slices bread in cold water, strain in collander and squeeze out water, beat up with fork, add suet, currants and sugar, mix thoroughly, add egg and milk, pour into greased basin, steam 2 hours.

SULTANA PUDDING.

Two teacups flour; 1 breakfast-cup sultanas; 3 tablespoonfuls castor sugar; 1 COOK'S FARM EGG; 1 pint milk; 2 ozs. COOK'S BEEF SUET.

Mix dry ingredients together, whip up egg and add the mixture gradually, beating meantime; add milk and complete mixing; place in well-greased pudding basin and steam for 2½ hours.

CHRISTMAS PUDDING RECIPE.

The quantities given make four puddings. Increase quantities proportionately for a larger number of puddings.

¾-lb. flour sifted; ¾ of a teaspoonful of salt; ½-lb. bread crumbs; 1-lb. COOK'S SHREDDED BEEF SUET; ½-teaspoonful of grated nutmeg; 2 teaspoonfuls of mixed spice; 1-lb. Demerara sugar; 2-ozs. sweet almonds (blanched and chopped); ¼-lb. mixed candied peel (roughly chopped); 1-lb. currants (cleaned); 1-lb. sultanas (cleaned); 1-lb. raisins (stoned and chopped); 1 raw carrot (grated); 2 sour apples (cooking), cored and chopped; grated rind and strained juice of one lemon; 2 teaspoonfuls of caramel or colouring; 8 COOK'S FARM EGGS, prepared and well beaten; sufficient new milk to form a fairly stiff mixture.

Method.—Mix dry ingredients together in the order given. Add moist ingredients separately and beat mixture for ten minutes. Put into four greased basins, cover first with greased paper, then a cloth wrung out of boiling water and well floured. Tie securely, steam for seven hours at time of making and three additional hours at time of serving. Serve with sauce as desired.

MINCEMEAT.

1-lb. currants; 1½-lb. best raisins; ½-lb. mixed peel; 1-lb. apple prepared; 1½-lb. brown sugar; 1 whole lemon, rind included; 1 nutmeg; ½ cup brandy; 1-lb. COOK'S BEEF SUET.

Mix all ingredients together in the order given. Press into dry sound jars. Cover and store in a cool, dry, well ventilated place.

APPLE PUDDING.

8-ozs. flour; 1½-lbs. apples; 2-ozs. sugar; pinch of salt; teaspoonful baking powder; 4-ozs. COOK'S BEEF SUET.

Mix flour, baking powder and salt together, add suet and mix, add water to make a firm paste and roll out. Prepare apples into slices, line greased basin with the crust; fill in fruit; cover over with paste, join in to the rims of the basin; cover with greased paper and steam 2½ hours.

RICE PUDDING.

8-ozs. rice; 3-ozs. sugar; 2 pints milk; 1-oz. COOK'S BEEF SUET; pinch of salt; a little grated nutmeg.

Place all ingredients into a pie dish, pour milk over, stir well. Grate nutmeg. Bake in slow oven 1½ hours.

ROLY-POLY PUDDING.

8-ozs. flour; 4-ozs. COOK'S BEEF SUET; ½-teaspoonful baking-powder; 1 saltspoonful salt.

Mix to a stiff paste with a little cold water. Roll out to a long piece about quarter-inch thick; spread on jam to within one inch of the edges. Moisten edges with water; roll up lightly; pinch edges together; wrap in scalded cloth and tie ends with string. Boil from 1½ to 2 hours; or if preferred baked, put in quick oven for ¾ to 1 hour.

Marmalade or golden syrup may be used instead of jam.

DUMPLINGS.

¼-lb. flour; ½-teaspoonful baking-powder; ¼-teaspoonful salt; 2-ozs. COOK'S BEEF SUET.

Mix thoroughly with about ¼-pint of cold water to a stiff paste; make into 4 balls; steam for ¾ hour.

Milk instead of water makes richer dumplings.

APPLE CHARLOTTE.

2-lbs. apples; 8-ozs. bread crumbs; 6-ozs. sugar; grated rind of a lemon; 4-ozs. COOK'S BEEF SUET.

Cut apples into thick slices; grease pie-dish and fill with alternate layers of apple and crumbs mixed with suet, the bottom and top layers being crumbs. Mix the lemon rind with the sugar and sprinkle over each layer of apple. Cover with a greased paper and bake in a moderate oven for about 1 hour. When a rich brown, loosen edges with knife; turn out on to a hot dish and serve.

CHOCOLATE PUDDING.

6-ozs. flour; 1-oz. cocoa; 2-ozs. sugar; teaspoonful of baking-powder; ½-pint milk; 3-ozs. COOK'S BEEF SUET; pinch of salt.

Mix thoroughly the flour, cocoa, sugar and baking-powder, add the suet, then stir in the milk gradually. Pour into a greased basin; cover with greased paper; steam for 2½ hours. Serve with custard sauce.

DATE PUDDING.

¼-lb. stoned and chopped dates; ¼-lb. COOK'S BEEF SUET; ½-lb. flour; a good pinch of salt.

Mix all well together, with sufficient water or milk to make slightly moist. Put into a well-greased basin and steam for 2½ to 3 hours.

If preferred as a roly-poly, wrap the mixture in a cloth and boil gently for about 1¼ hours.

FIG PUDDING.

4-ozs. figs finely chopped; 2-ozs. bread crumbs; 2-ozs. flour; 3-ozs. COOK'S BEEF SUET; 2-ozs. sugar; pinch of salt; pinch of nutmeg.

Mix all well together, with one beaten egg and a gill of milk stirred in thoroughly. Put into a greased basin and steam for about 2½ hours. Serve with custard or sweet sauce.

GINGER PUDDING.

6-ozs. flour; 3-ozs. COOK'S BEEF SUET; ½-tablespoonful ground ginger; ½-teaspoonful baking powder; pinch of salt; 3-ozs. treacle; ½-gill milk.

Mix well together before stirring in the treacle and milk; put into a well-greased basin, cover with greased paper, and steam for 2 hours. Serve with custard.

BARONESS PUDDING.

6-ozs. flour; 6-ozs. stoned raisins; 6-ozs. COOK'S BEEF SUET; ½-saltspoonful salt; gill of milk.

Mix all dry ingredients, then add the milk and stir thoroughly. Put into a well-greased basin and steam for 3 hours. Serve with castor sugar, custard, or sweet sauce.

Short Crust for Pies and Tarts

½-lb. flour; teaspoonful baking powder; pinch of salt; 4-ozs. COOK'S BLOCK SUET.

Thoroughly mix the flour, baking powder and salt; melt the suet and pour it when quite hot into the mixture. After stirring well, add ½ teacupful of water to make a stiff paste, and roll out while it is warm. (Be careful not to have the paste too moist.)

For open tarts roll out thin, and cover the tin, plate or patty tins (well greased), spreading jam, marmalade, lemon cheese, &c., over. For pies, made in dishes, cover the fruit with a layer of the paste, making holes in the centre for steam to escape, and crimping the edges.

Put in hot oven, reducing the heat a little after a few minutes. Time required, 30 to 40 minutes, according to thickness of crust.

Should be served hot.

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Notes on Cooking

Be accurate in measuring ingredients.

Follow the directions carefully.

Steamed puddings taste nicer and digest better than boiled.

See that the water is boiling when the pudding is put in.

The water should not come more than half-way up the basin, and as it boils away, more boiling water must be added from time to time.

Be careful that the water never stops boiling, or the pudding will be heavy.

When making a steamed pudding see that the basin is only two-thirds full of mixture, to allow room for rising.

For frying, always use COOK'S *BLOCK* BEEF SUET, and heat it in the frying-pan *before* placing in the fish or meat.

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